PREVENTIVE HEALTH

ASSESSING THE DANGER OF HEAT

This heat index chart provides general guidelines for assessing the potential severity of heat stress. Individual reactions to heat will vary. It should be remembered that heat illness can occur at lower temperatures than indicated on the chart. In addition, studies indicate that susceptibility to heat illness tends to increase with age.

HOW TO USE THE HEAT INDEX CHART

1. Across the top of the chart, locate the **environmental temperature** i.e., the air temperature.
2. Down the left side of the chart, locate the **relative humidity**.
3. Follow across and down to find the **apparent temperature**. Apparent temperature is the combined index of heat and humidity. It is an index of the body's sensation of heat caused by the temperature and humidity (the reverse of the "wind chill factor").

Note: Exposure to full sunshine can increase heat index values by up to 15 degrees.

APPARENT TEMPERATURE	HEAT STRESS RISK WITH PHYSICAL ACTIVITY AND/ OR PROLONGED EXPOSURE
90-105	Heat cramps or heat exhaustion possible
105-130	Heat cramps or heat exhaustion likely, heatstroke possible
130 and up	Heatstroke highly likely

Heat Index

ENVIRONMENTAL TEMPERATURE *IN DEGREES*

RELATIVE HUMIDITY	APPARENT TEMPERATURE*										
	70	75	80	85	90	95	100	105	110	115	120
0%	64	69	73	78	83	87	91	95	99	103	107
10%	65	70	75	80	85	90	95	100	105	111	116
20%	66	72	77	82	87	93	99	105	112	120	130
30%	67	73	78	84	90	96	104	113	123	135	148
40%	68	74	79	86	93	101	110	123	137	151	
50%	69	75	81	88	96	107	120	135	150		
60%	70	76	82	90	100	114	132	149			
70%	70	77	85	93	106	124	144				
80%	71	78	86	97	113	136					
90%	71	79	88	102	122						
100%	72	80	91	108							

* Combined index of heat and humidity…what it "feels like" to the body.

Source: National Oceanic and Atmospheric Administration **DAVID ARBANAS**/Journal Sentinel